

## **PGIMER unveils pollen calendar to identify potential allergy triggers**

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**For providing better understanding to the clinicians**



Chandigarh has its first pollen calendar, which can identify potential allergy triggers and provide a clear understanding for clinicians as well as allergy sufferers about their causes to help limit their exposure during high pollen loads.

Pollen calendars represent the time dynamics of airborne pollen taxa in graphical form in a particular geographical area. They yield readily accessible visual details about various airborne pollen taxa present throughout the year, with their seasonality in a single picture. Pollen calendars are location-specific, with concentrations closely related to locally distributed flora.

Department of Community Medicine and School of Public Health, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, examined the seasonal periodicities of airborne pollen spectrum and developed the first Pollen Calendar for Chandigarh city. This will help prepare early advisories and disseminate them through media channels to the citizens so that they can use protective gear during the period when the concentration of allergic pollens will be high. It is also a preventive tool for sensitive people to diminish exposure when the levels of aero-pollen are high during specific periods.